

# Health Bulletin



## Be A Holiday Hero: Get Vaccinated This Season

(NAPS)—With respiratory virus season in full swing, you may think it's too late for you and your family to get vaccinated against the flu. The good news: it's not.

According to the Centers for Disease Control and Prevention (CDC), there's still time to get your flu shot because flu typically peaks in February and can continue into May. Since it takes up to two weeks to build protection against the flu, getting vaccinated now will help protect yourself, your friends and your family from the flu as you gather during the holidays.

### Like Thanksgiving, getting your flu shot is an annual event

It's important to get a flu shot every year because the body's protection from the vaccine declines over time. Also, flu viruses vary from year to year, so receiving the latest vaccine formulation provides optimal protection. It's especially important to protect at-risk populations—such as adults 65 and older – from severe illness.

### One-stop shop for immunization and illness prevention needs

There are more than 9,000 CVS Pharmacy locations that also offer COVID-19, RSV and more than 15 other preventive vaccines, providing the protection needed as multiple viruses circulate at the same time. CVS Pharmacy is convenient—85% of the U.S. population lives within 10 miles of one. This makes it easy for people to get vaccinated and find items such as over-the-counter cold and flu symptom relief products, immune support supplements and dis-



### CVS Pharmacy can help you and your family fight the flu this season.

infectant cleaning products, and take all the steps necessary to help protect against illness this winter. CVS Pharmacy also carries antiviral medications, which require prescriptions and provide treatment if you do get sick with the flu.

### Advanced scheduling for vaccine appointments

At CVS Pharmacy and MinuteClinic, you can conveniently schedule vaccines for yourself and your family in the same appointment via digital scheduling (through [CVS.com](https://www.cvs.com), [MinuteClinic.com](https://www.minuteclinic.com) or the CVS Pharmacy app), and the pharmacy offers walk-in appointments for people of all ages, seven days per week. As an added bonus, anyone who receives a CDC-recommended vaccine through the end of the year at CVS Pharmacy will get a \$5 off \$20 in-store coupon.

### Learn More

Visit [www.cvs.com](https://www.cvs.com) or [www.minuteclinic.com](https://www.minuteclinic.com) for more information on the vaccines offered. Certain immunizations have age and location restrictions.